

Place Matters: Is your street address a good predictor of your health?

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Learning Objectives:

- Examine the social determinates of health.
- Identify risk factors and protective factors that either push down or lift up our overall health trajectory and life course
- Identify ideas and strategies for incorporating a life course perspective into our lives and our work.





Equality



Equity



Where you live...



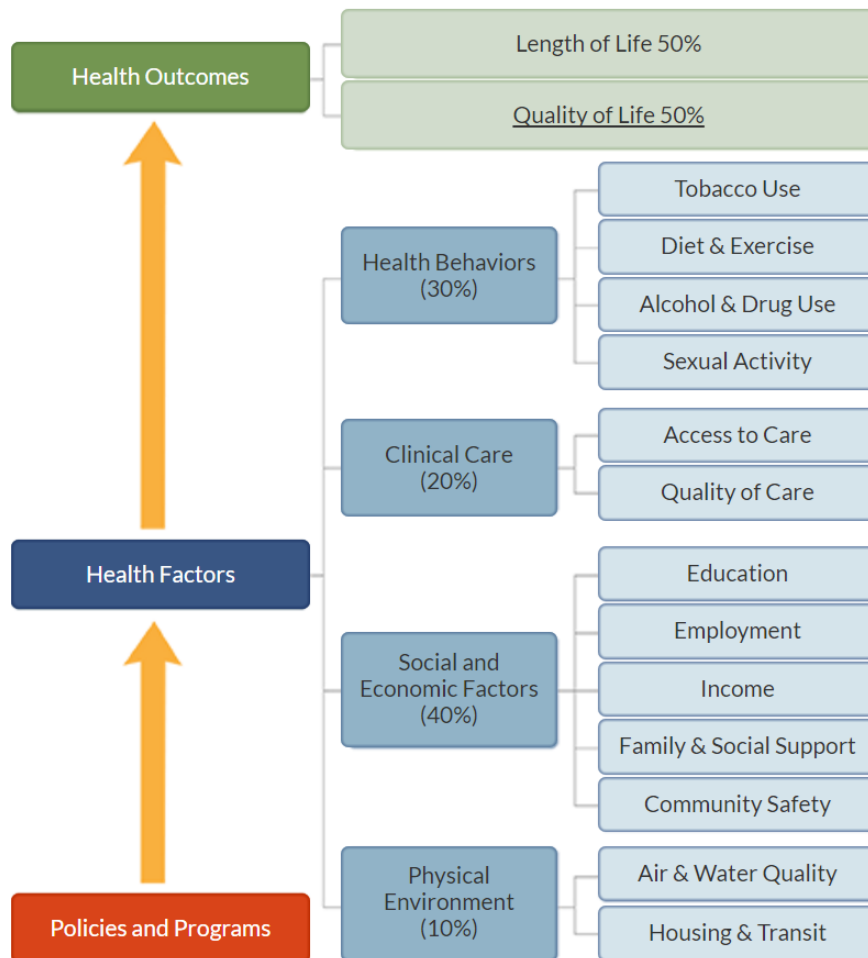
What Determines Health?



Source: McGinnis et al, 2002



County Health Rankings and Roadmap Framework



Socio-Ecological

A Framework for Health Equity

Medical Model

UPSTREAM

DOWNSTREAM

Discriminatory Beliefs (ISMS)

- Race
- Class
- Gender
- Immigration status
- National origin
- Sexual orientation
- Disability

Institutional Power

- Corporations & other businesses
- Government agencies
- Schools

Social Inequities

- Neighborhood conditions
 - Social
 - Physical
- Residential segregation
- Workplace conditions

Risk Factors & Behaviors

- Smoking
- Nutrition
- Physical activity
- Violence
- Chronic Stress

Disease & Injury

- Infectious disease
- Chronic disease
- Injury (intentional & unintentional)

Mortality

- Infant mortality
- Life expectancy

SOCIAL FACTORS

HEALTHCARE ACCESS

HEALTH STATUS

INDIVIDUAL HEALTH KNOWLEDGE

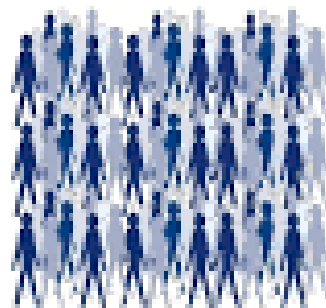
GENETICS

Public Health Approach

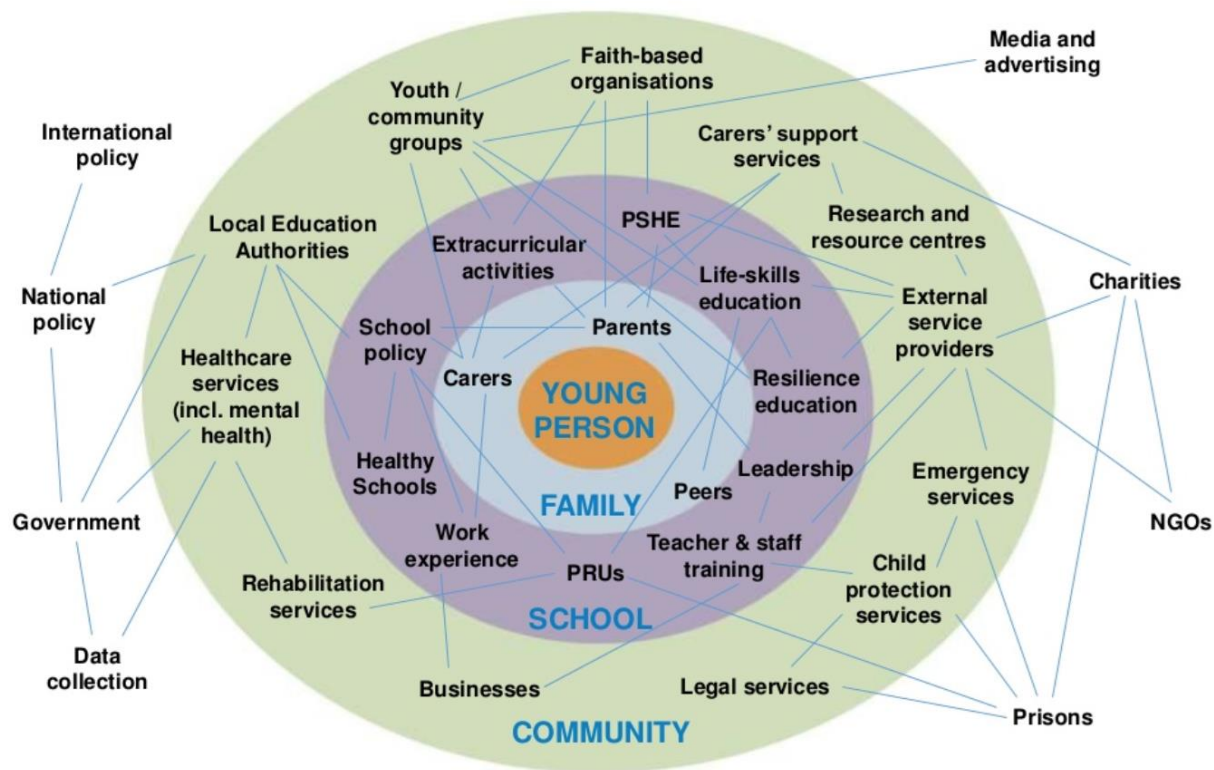
**Public Health
Model**

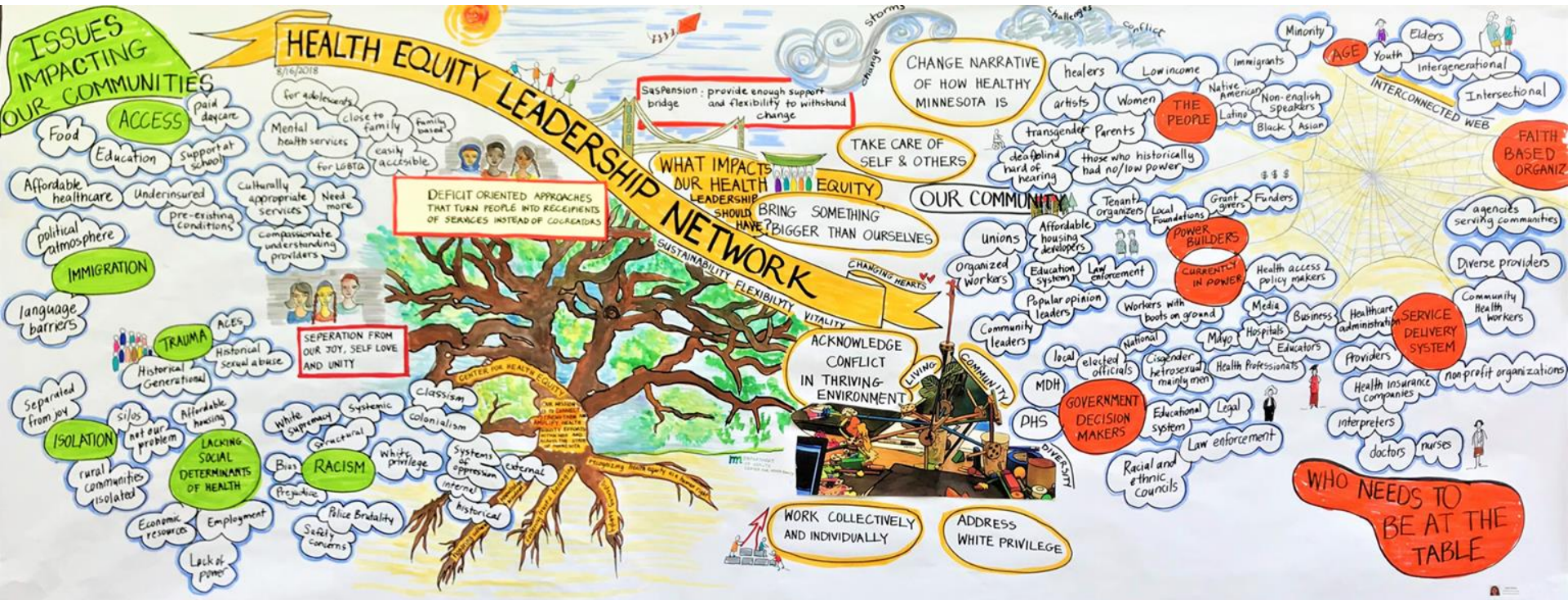
Versus

**Medical
Model**



A system approach to prevention







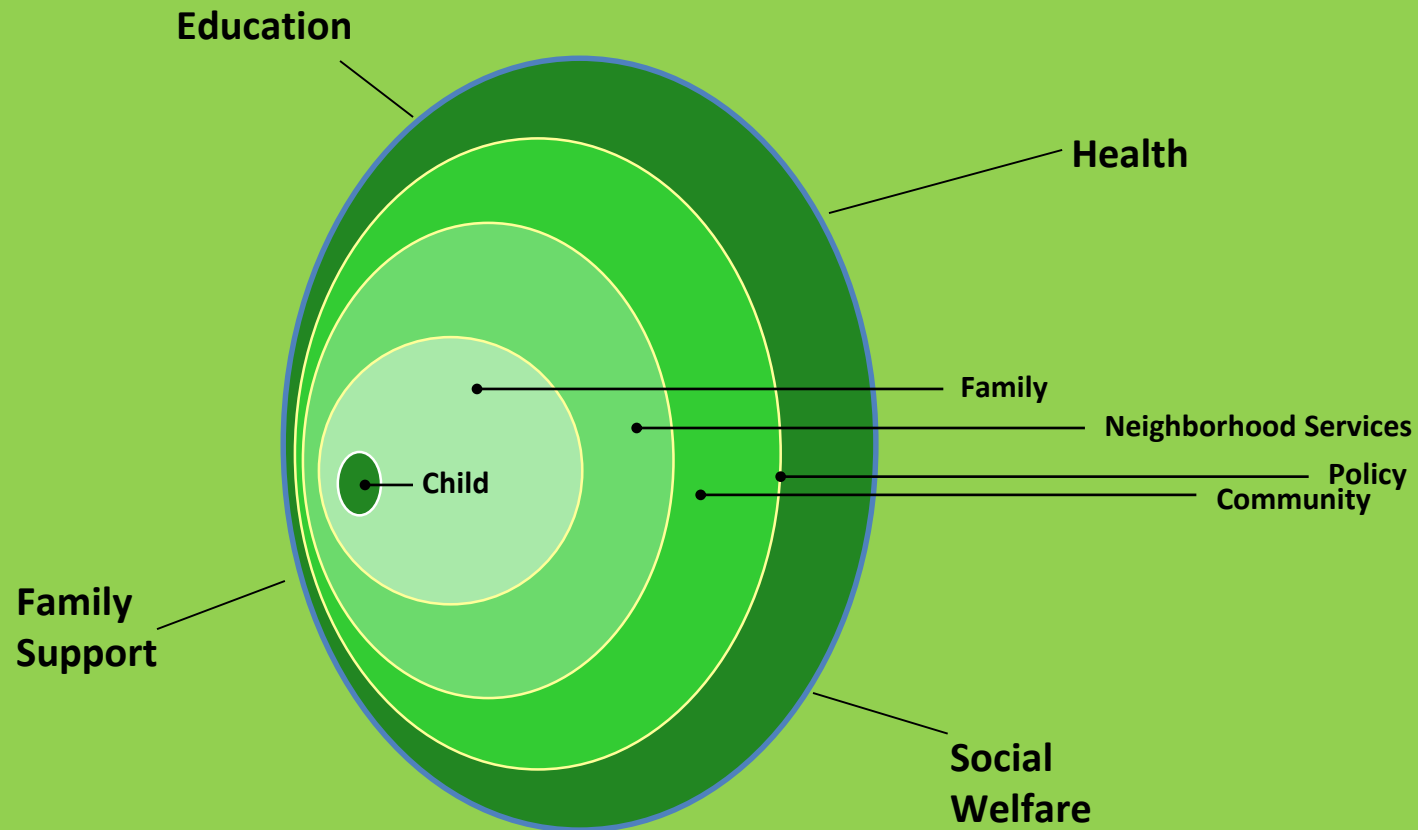
Life Course Perspective

Life Course Concepts ‘T2E2’

- **Timeline** – health is cumulative and longitudinal, i.e., developed over a lifetime.
- **Timing** – health and health trajectories are particularly affected during critical/sensitive periods.
- **Environment** – the broader environment (biologic, social, physical, economic) affects health and development.
- **Equity** – health inequality reflects more than genetics and personal choice.

– Fine and Kotelchuck

Our Health Outcomes are Multi-Factoral



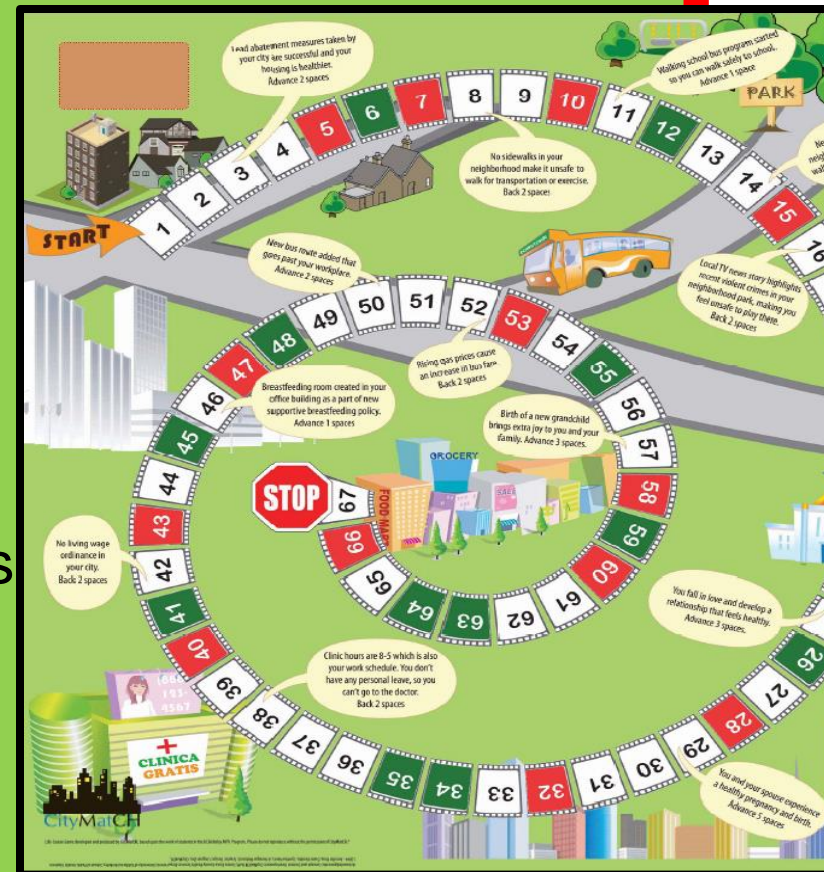
Graphic Concept Adapted from Neal Halfon, UCLA

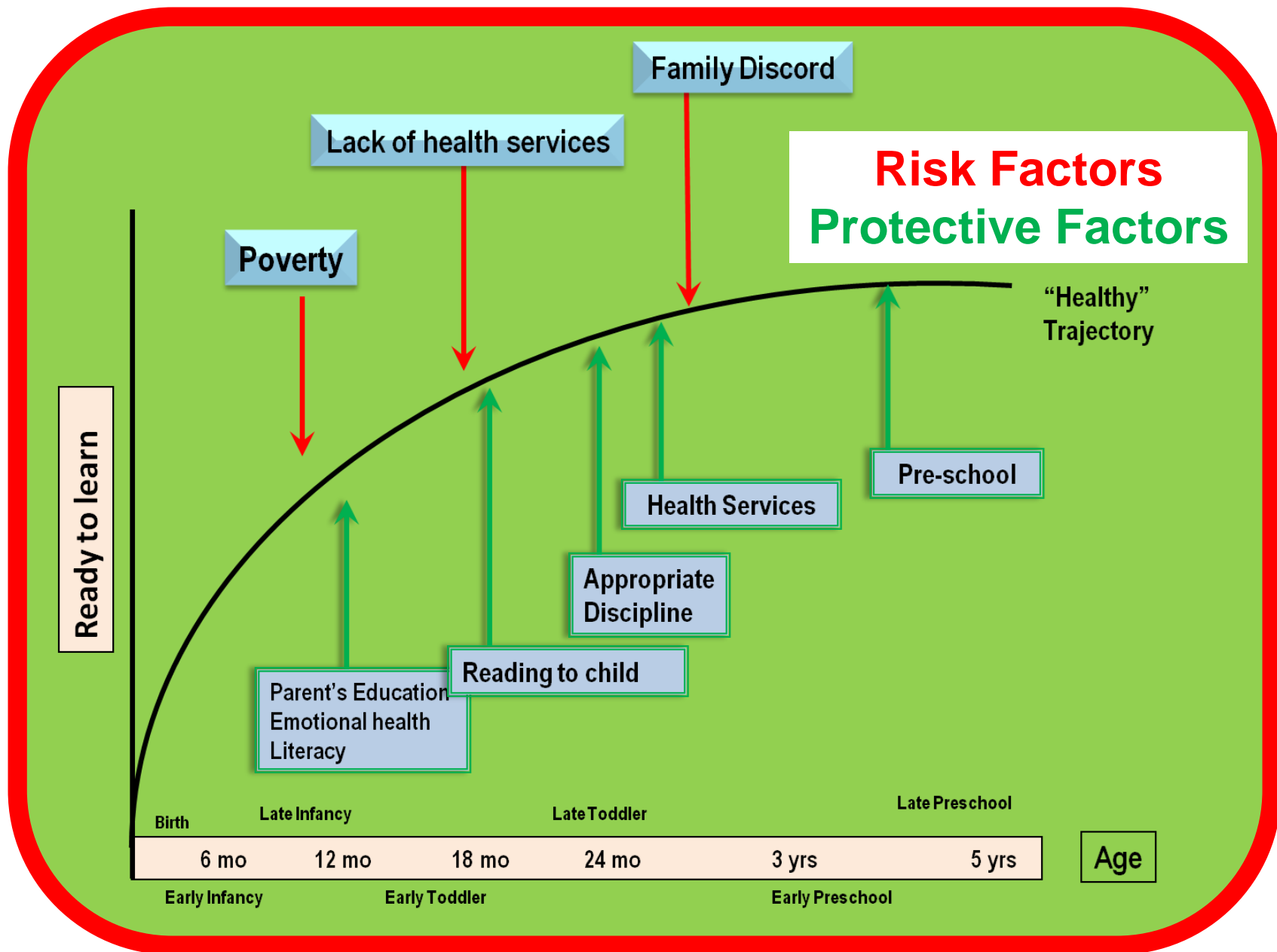
What is the Life Course Perspective?

A complex interplay of

- biological,
- behavioral,
- psychological, and
- social

protective and risk factors
contributes to health outcomes
across the span of a person's life.



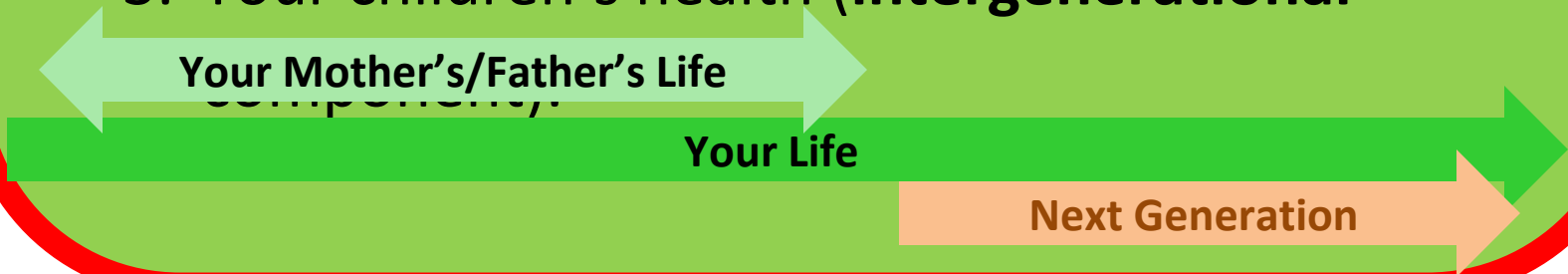


Graphic Concept Adapted from Neal Halfon, UCLA

What is the Life Course Perspective?

Looking at health through a life course perspective hopes to address three key areas:

1. Your health as an **individual**
2. Your health before your conception (i.e. your mom's health **pre-conception**)
3. Your children's health (**intergenerational**)

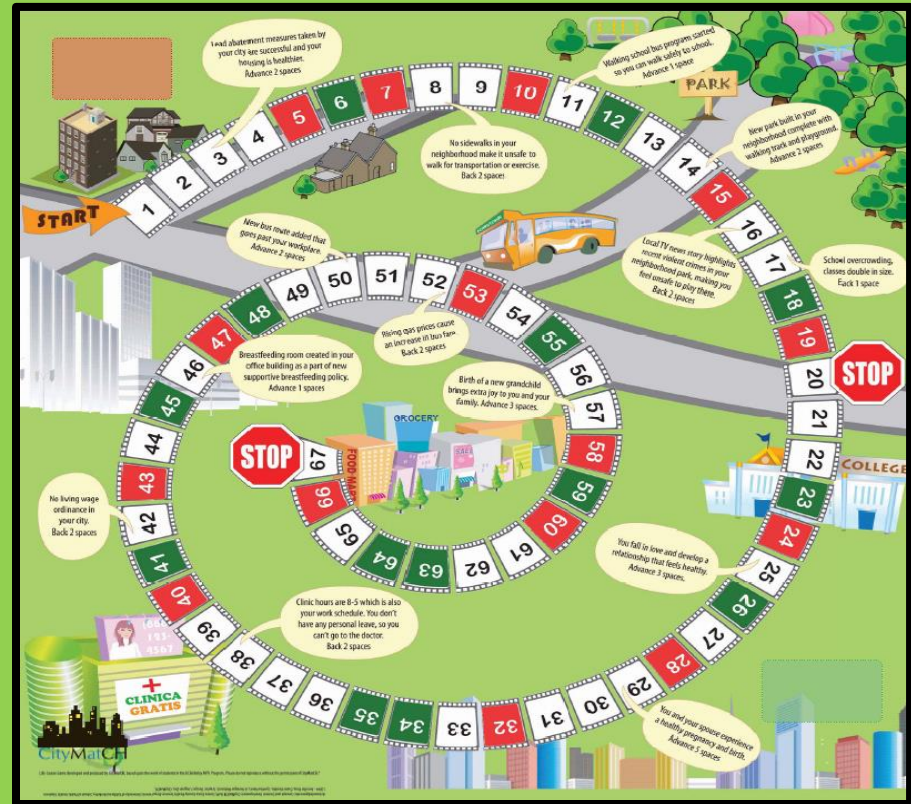


Your Mother's/Father's Life

Your Life

Next Generation

The Life Course Game: A Simulation Experience



Instructions: Life Course Game

- Select one person at each game board to be in charge of the instructions
- Each player/team should select game piece
- *Game Profile* that corresponds with color piece
- Go around the table, reading aloud your profile information for the birth certificate
- Place colored game piece on “Start”
- “STOP” – roll dice and read instructions

Debriefing the Game

- What events occurred during the game that you recall?
- What comments did you hear as you were playing the game?
- What facts were presented in the game about life and health?

Reflecting On Your Life...

- What events in the game reminded you of something from your own life?
- If you were in the lead in the game, how did that make you feel?
- If you were falling behind, how did that make you feel?
- What song/music comes to mind that describes your experience playing the game?

Interpreting and Applying Lessons from the Game

- What does this game tell us about the complex nature of living in our community?
- What learnings or insights that the group has shared so far seem the most critical? The most important to act upon?
- What questions did this experience raise for you personally? For the work you do?
- What difference will using a life course perspective make in our work?

Where Do We Go From Here?

- What actions or ideas has this experience triggered for you?
- How would you articulate the Life Course Perspective after playing this game?
- What would our community/organization look like if we fully incorporated a life course perspective in all of our work?
- What are the first steps we must take?

THANK YOU!

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